

Mind Your Health

Help your participants reduce health risks

MIND YOUR HEALTH educational seminars provide engaging, practical, science-based information in a group setting to help raise awareness of healthy choices and reduce health risks.

Client Benefits



- **Science-based and professionally developed.** HealthFitness' seminars apply current behavior change theories and insights, and are developed by health educators, registered dietitians, licensed psychologists and exercise physiologists.
- **Broad appeal.** The diverse topics available through *Mind Your Health* seminars are designed to appeal across an entire population, including a range of participant demographics and those interested in improving their health and lifestyle.
- **Flexible.** Seminars can be delivered on-site or via live webinar.

Participant Benefits



- **Awareness and education.** *Mind Your Health* educational seminars are designed to raise awareness, educate and provide useful strategies for making positive lifestyle changes.
- **Group setting.** Participants connect with peers interested in learning actionable health tips in a fun, social environment.
- **Resources.** *Mind Your Health* participants receive an information-packed handout that reinforces new knowledge acquired during the seminar.

Mind Your Health

What you need to know

Mind Your Health educational seminars are one-hour seminars provided by a HealthFitness professional, designed to help participants improve their health and lifestyle. This corporate wellness program includes customizable marketing materials for promotion.

Help build healthy behaviors

With *Mind Your Health* seminars, you offer participants the tools they need to improve their health and lifestyle. Contact your HealthFitness representative to learn more about including educational seminars in your corporate wellness programming.

Available seminars

- **Back Health**—*Preventing Pain and Strain*
Learn the importance of back health, back pain triggers and preventive tips.
- **Blood Pressure**—*A Vital Force for Life*
Discover what your blood pressure should be, risk factors for high blood pressure and how to take control of risks.
- **Building Strength**—*A Cornerstone for Good Health*
Learn the benefits of strength training, safety guidelines and basic steps for getting started at any age.
- **Delicious Vegetables**—*Adding Nutrients the Tasty Way*
Gain an understanding of the health benefits of vegetables (and fruits) and simple tips for eating more, even on a budget.
- **Diabetes**—*Awareness and Prevention*
Learn about the symptoms of diabetes, risk factors for pre-diabetes and diabetes, and tips for reducing risks.
- **Family Health**—*Solving the Family Health Puzzle*
Explore tips for building a safe, healthy and strong family. Learn the power of prevention and options for healthy food choices, staying active, supporting healthy teens and more.

Available seminars

(continued)

- **Fiber**—*Making it Fit*
Learn the benefits of eating a fiber-rich diet, food sources and tips for choosing more fiber.
- **Financial Well-being**—*Small Steps to Fiscal Fitness*
Learn how financial wellness connects to overall well-being and what simple steps you can take to lay the foundation for a healthy financial future.
- **Fitting in Fitness**—*Exercise Options for Busy People*
Review the guidelines for a balanced fitness program, tips to fit in fitness and five keys to success for healthy behaviors.
- **Gluten Awareness**—*Insight into the Gluten-Free Trend*
Get the facts about gluten to help make the right decisions for you and your family.
- **Healthy Eating**—*Step Up to the Plate*
Let us show you tools to personalize your eating plan, healthy eating tips and how to eat healthy without breaking your budget.
- **Healthy Lunches**—*At Home or on the Go*
Find out what makes a healthy lunch, creative lunch ideas and how to make your lunch break healthy and enjoyable.
- **Healthy Weight**—*Set Yourself Up for Success*
Learn how to develop a lifetime eating plan to improve your eating behaviors, increase your activity level and lose weight safely.
- **Heart Healthy Living**—*The Beat Goes On*
Learn about the controllable and uncontrollable risks for coronary artery disease, including how you can reduce your risk.
- **Manage Stress**—*Before it Manages You*
Learn to identify stress-related symptoms, how to categorize stressors, when to take action or use coping skills and quick relaxation techniques.
- **Men's Health**—*Operating at Peak Performance*
Explore tips for heart health, cancer prevention and a healthy lifestyle.

Available seminars

(continued)

- **Metabolic Syndrome—*Are You at Risk?***
When certain risk factors come together, metabolic syndrome can mean higher risk. Find out what it is, who is at risk and how to reduce risks.
- **Quitting Tobacco—*Set Yourself Up for Success***
Ready to quit? Increase your chance of success through proper preparation, planning, support tools and commitment.
- **Sleep—*Wake Up to Good Health***
Learn the impact of sleep loss and tips for getting a good night's sleep.
- **Sugar Savvy—*Get the Scoop***
Gain an understanding of the impact of sugar, as well as tips for choosing foods and beverages with less sugar.
- **The Art of Meditation and Yoga—*Connecting Body and Mind***
Meditation and yoga are popular techniques that connect the body and mind to help move toward overall wellness. Learn about their potential health benefits and resources to help you get started.
- **The Balancing Act—*Work, Life and Technology***
Learn simple time management strategies and mindfulness techniques to help make the most of your time.
- **Train for a Healthy Brain—*The Lifestyle Connection***
Learn about common threats to brain health such as memory loss and stroke, and the lifestyle steps you can take to keep your brain in shape.
- **Understanding Cholesterol—*Your Key to Heart Health***
Get a breakdown of cholesterol and blood lipids, lifestyle factors that impact cholesterol levels and simple tips to keep cholesterol in a healthy range.
- **Vitamins and Supplements—*What You Need to Know***
Learn the facts about vitamins, minerals and dietary supplements, including safety tips and questions to ask before taking a dietary supplement.
- **Well-being—*The Many Ways to Look at Health***
Learn about the many components of well-being, how they are connected and strategies to improve your overall well-being.

Mind Your Health

Available seminars

(continued)

- **Women's Health**—*Taking Care of You*
Gain tips for a healthy lifestyle with a focus on heart, breast and bone health, as well as tips for how to manage menopause symptoms.
- **Your Environment**—*A Powerful Influence on Choice*
Your surroundings at home, work and in the community can have a big impact on the choices you make. Learn how small changes in your environment can help support overall well-being.
- **Your Health Action Plan**—*Small Steps to Big Changes*
Want to make a change but not sure where to start? Begin here with simple and small steps that will set you down the path to long-lasting changes.
- **Your Health**—*It's a Numbers Game*
Which numbers do you need to know for good health? Find out during this seminar plus learn about lifestyle behaviors to keep them in check.

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.





ON-SITE

Multi-session Classes

Designed to appeal across an entire population

MULTI-SESSION CLASSES provide engaging, practical, science-based information to help improve health and well-being. Each class includes a series of sessions, providing useful strategies for progressing toward small goals in a supportive group setting.

Client Benefits



- **Science-based content.** Classes use up-to-date health industry guidelines and sessions are offered sequentially, providing a cohesive learning experience that fosters behavior change.
- **On-site delivery.** Classes are delivered by on-site staff, which boosts engagement and interaction.
- **Reporting and promotional support.** Class summaries provide aggregate participant satisfaction results, and configurable marketing materials (flyers, posters and emails) help support and promote programs and participation.

Participant Benefits



- **Actionable and informative.** Participants receive actionable health tips—designed to educate and raise awareness—in a fun, social environment.
- **Progressive learning.** Classes and handouts for each session build on knowledge from previous sessions, reinforcing key concepts and opportunities for action.
- **Supportive connections.** Participants have the opportunity to connect with peers who are also interested in making positive lifestyle changes.

Multi-session Classes

Available classes

Beyond Balance (4 weeks)

Participants learn to identify the symptoms and causes of stress, including how to take action through acceptance, coping skills, quick relaxation tips and finding a healthy balance.

Beyond Weight—Creating a Healthy Body and Mind (4 weeks)

A non-dieting approach to a healthy body and weight. Participants learn strategies for integrating wholesome eating and intentional movement into their lifestyle, along with elements of mindfulness and resiliency.

Get Moving (4 weeks)

The benefits of exercise, including tips for making physical activity a life-long, enjoyable habit, are the focus of this class. Participants learn strategies to overcome their personal barriers, while creating a plan to increase their physical activity.

Getting Ready to Give Up Tobacco (4 weeks)

Designed for individuals who are not ready to quit, this class explores a variety of topics related to tobacco cessation to help them make decisions about a future quit attempt.

Healthy Food, Healthy Body (6 weeks)

Participants learn to make healthier food choices for themselves and their families through developing plans, strategies and resources for healthy meals and snacks.

Mindfulness Matters (4 weeks)

By focusing on different aspects of mindfulness—the act of being aware of and experiencing the present moment—participants learn how to integrate this meditative practice into everyday life.

The Power of Well-being (4 weeks)

Participants focus on the inter-connectedness of multiple components of well-being, including physical, social, emotional and financial well-being, plus the impact of the environment.

Note: Classes are available for a minimum of 10 participants and a maximum of 25.

Help members make positive health changes

Educate your members on reducing health risks, while helping them work toward small health goals —through multi-session classes. Contact your Account Management representative to get started.

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What's What

Give participants the facts to help make smart choices about their health.

WHAT'S WHAT meet ups are short and filled with tips and action steps to help participants improve their health and well-being.

Client Benefits



- **Boosts engagement.** Reach more of your population with short, 10-minute meet ups that deliver timely health and well-being topics, wherever participants can gather.
- **Preventive.** Gives participants an opportunity to learn the facts on health and wellness topics, helping them to make better decisions on how to improve their health.
- **Supports the social aspect of well-being.** Provides an opportunity for participants to connect with peers in a casual/informal way to learn about topics of interest together.

Participant Benefits



- **Convenient.** Anytime, anywhere means we reach more people at times and places that are convenient for them.
- **Informative.** Participants receive key messages about a health topic of interest in a streamlined way, delivered in 10 minutes or less.
- **Actionable.** Each participant walks away with suggestions for small action steps that can be implemented quickly and easily.



What's What

What you need to know

What's What meet up topics include:

- **Financial Savings.** Learn to save for financial goals by planning ahead; includes simple tips to make it happen.
- **Finding Time.** Learn how time management can help you seize the day—without feeling like the clock is ticking.
- **Flu.** Separate fact from fiction when it comes to the flu and the flu vaccine; designed to keep participants healthy during the flu season.
- **Mindfulness.** What exactly does it mean to be mindful and what are the health benefits? We'll cover the facts, including a simple mindfulness exercise.
- **Sleep.** How much sleep do you really need? We'll put the myths to rest and share the truth behind a good night's sleep.
- **Sugar.** What's the impact of sugar and how much is too much? We'll separate the sweet truth from the sugary fiction.

Help participants separate the healthy facts from fiction

Contact your HealthFitness representative to learn how you can add What's What meet ups to your health and wellness programming.

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On-Site Challenges and Programs



ON-SITE CHALLENGES

HealthFitness has a growing library of on-site challenges designed to engage participants on-site in new, fun, and sometimes team-based programs. All of the offerings listed in this section are available to clients with dedicated on-site staff. Access to these proprietary HealthFitness programs along with program set-up, marketing templates, delivery management, and outcome evaluation will be provided by HealthFitness on-site staff within the core scope of service at no additional cost unless otherwise noted (hard copy print production costs not included).

CARDIO ROYALE: OPERATION FITNESS

Cardio Royale is designed to encourage and assist participants to become more physically active, with a goal to achieve 150 minutes of cardiovascular exercise each week. This eight-week program encourages exercise by incorporating a spy theme with optional missions, objectives, assignments and challenges. Participants receive communications from “Command Center” in the form of “mission briefings.”

MYPLATE NUTRITION CHALLENGE

MyPlate Nutrition is a 10-week program based on the USDA’s MyPlate initiative to improve the nutrition and well-being of Americans through research, analysis and dietary guidance (ChooseMyPlate.gov). This challenge encourages participants to see their plate as prime real estate for creating a colorful, tasty dish of wholesome, nutritious foods that support a healthy lifestyle. By highlighting each food group, this program helps participants understand the benefits of a healthy-proportioned plate and making room for fruits and vegetables; nutritious grains; hearty lean protein; and delicious low-fat dairy foods at every meal. Participants utilize a tracker tool to compile their weekly program participation.

HEALTHY W8 CHALLENGE

Healthy W8 Challenge is an eight-week program designed to encourage participants to eat well, be physically active and achieve a healthy weight. The program helps participants understand the keys to successful weight loss, and provides guidance through weekly emails, trackers, and point accumulation, with a goal of losing a pound a week over the 8-week program period (or maintaining for those already at a healthy weight). Participants utilize a weekly tracker tool where they earn points for achieving simple daily goals. There are also points earned for weigh-ins and bonus goals each week.

WALK-TO-RUN CLUB

The *Walk-to-Run Club* is geared towards walkers, runners, and anyone interested in increasing their cardiovascular fitness or running endurance. This 10-week program offers different levels of workouts based on the participant's experience. Interaction with a fitness expert occurs weekly through email engagement that includes program information such as weight training guides, cross training workouts, core workouts, and information on stretching, injuries, nutrition and hydration. Related activities may include encouraging group runs or having participants sign up for a 5k walk or run in connection or parallel with their participation in the *Walk-to-Run Club* program. Program materials reinforce the benefits of weekly physical activity and its relation to cardiovascular fitness.

TAKE FIVE: CALM YOUR BUSY MIND

This five-week motivational challenge is designed to help employees relieve stress and focus on the positive things in life. They receive five weekly assignments via email designed to take five minutes to complete to help them be mindful in the moment. Participants complete their assignments in their *Take Five* portfolio. At the end of the challenge, their portfolio is complete. Participants take a stress-scale survey before and after the program to measure the change in their stress levels.

MAINTAIN, DON'T GAIN

This eight-week motivational challenge is designed to help employees enjoy the holidays while maintaining their weight. Tracking eight weekly challenges around nutrition, exercise and more helps participants take small steps to changing behaviors needed to avoid weight gain. Participants submit their pre-holiday weight, weekly tracking sheet and post-holiday weight by the end of the program. Those who complete the challenge by not gaining more than two pounds will have successfully completed the challenge.

WHOLLY CHOW

Good nutrition can make you feel like you can leap tall buildings in a single bound—fuel your inner superhero with the eight-week *Wholly Chow* challenge! A fun, superhero-themed nutrition challenge, *Wholly Chow* is focused on simple strategies to make healthy eating a regular routine. This challenge is designed to help participants learn more about their current eating habits and how to make healthier food choices.